

Quantock Orienteers Committee

Chairman	Roger Craddock	01823-323850	
Secretary	Christine Vince	01935-863429	
Treasurer	Andy Rimes	01823-451942	
Committee	Bill Vigar	01823-680679	Mapping
	Bob Lloyd	01823-333251	Permissions
	Brian Pearson	01823_252407	
	Richard Sansbury	01823-288405	
	Brian Fletcher	01935-424569	
Other Club Officials			
	Ted Heath	01823-251985	Website
	Tony Milroy	01278-427875	QOFL
	Mike Crockett	01458-445540	Quonicle Editor

The posts of SWOA Rep, Fixtures Sec and Membership Sec will be approved at the next committee Meeting.



Christine Vince Secretary



Richard Sansbury
Fixtures Secretary Elect



Brian Pearson— new
committee member

Editorial

Another year has passed and the club is as healthy as ever. The new committee has a blend of youth and maturity which can only be good for the future. Some of the retiring members have retained responsibilities thereby spreading the load and helping the committee to concentrate on running the club.

The AGM at Ruishton was reasonably well attended. I always feel a bit sad when there are very few apologies for absence. A simple phone call or E Mail is all it takes and it does show you care about the club.

The QOFL and Galoppen season are now underway with good turnouts for both. Unfortunately the first Galoppen clashed with a National Event in Yorkshire and so I had to wait to open my Galoppen score.

The Army league on Wednesdays has already had three events and although held mainly in the Aldershot area the low entry fee makes them an attractive alternative to mid-week training for the retired members.

The Western Night League will also be starting shortly. What an abundance of opportunities to compete. Whatever your choice enjoy the challenges. May you all run in sunlit forests (except the WNL of course) !

Chairman's Chat . October 2005

I suppose I am flattered that no other nomination for Chairman was made at the recent AGM and that this suggests the Club is happy with my performance last year – or it could be that nobody else is prepared to stand! Many thanks for electing myself and the new Committee.

My thanks to Gavin Saunders for his interesting talk after the meeting describing the Neroche Project - and for answering our questions.

My report to the AGM is included elsewhere, but I would like to elaborate on a few items.

Our best wishes go to Debbie and Brett and their family on their exciting venture to move to New Zealand next year. We also give our heartfelt condolences on the loss of her brother, David Threlfall. I hope the Club will support her and her family as they come to terms with his death.

In Debbie's place, Christine Vince promises to be a proactive Secretary and member of your Committee. I anticipate she will demand active participation of all of us in Club activities and she has alerted me to my responsibilities as well as her own! Christine has already represented us at BOF and SWOA meetings and has strong opinions of her own to put to the Committee.

One of the areas she supports, as do I, is the adoption of the ClubMark programme as suggested by Sport England and endorsed by BOF. Although we are a small club, I believe the efforts of Brian Fletcher to improve the link between youth, education, and QO will be enhanced by working towards the objectives of this programme. We would be grateful if members could accept the approaches we would be attempting to make to achieve these objectives during the coming year.

Have a great QOFL season

Roger Craddock

Club News

Membership renewals will soon be due. BOF will send out renewal forms shortly to full BOF members. SWOA and QO members will receive their reminders at the end of November .2

Details of our Christmas event are enclosed.

Clive Allen who is still a QO member is currently engaged in mapping the forests near his home in Denmark for the World Championships to be staged there 1st –5th August 2006. This will be run alongside DOC2006 (an open race series similar to the Guildford Event in May)

Minutes of the AGM of Quantock Orienteers held on Friday 7th October 2005 at Ruishton Inn, Ruishton at 7.30 pm

Apologies

Brett Craddock, Brian Pearson

Present

Debbie Craddock, Roger Craddock, Andy Rimes, Judy Craddock, Bob Lloyd, Mike Crockett, Margaret Crockett, Bill Vigar, Sue Gard, Brian Fletcher, Christine Vince, Arthur Vince, Richard Sansbury, Tony Milroy, Ted Heath, Lennox Heath, Martin Longhurst, Norman Harvey, Guest - Gavin Saunders, Neroche Project Manager

Minutes of the last AGM

Ted proposed that we accept the minutes as correct and Brian Fletcher seconded.

Matters arising from those minutes

Andy Thornton is no longer involved in orienteering.

Chairman's report

At last years AGM, Bill Vigar was 'released' from the Chair to concentrate on his mapping and competing. He is currently British, JK, SW, Caddihoe, and Scottish 6-day champion!

Resignations from the Committee this year are attributed to lengthy meetings, emigration, and bullying! – but we must acknowledge excellent service from Ted Heath, Tony Milroy and Debbie Craddock and thank them. They will be difficult to replace. Other members of the Committee have agreed to continue. I will try to do better than the 3 hr meetings, but I do feel it is important that those who spend considerable time of their own on the Club's behalf be able to 'air' their initiatives - and defend them!

I would also like to acknowledge those contributions from outside the Committee, - from team leaders, planners and controllers, QO reps at BOF meetings, and those prepared to organise 'extra' events (e.g. Ted Heath's score events, Jim Mallinson's Club Championships, Dave Holmes' schools day at Kings).

Two areas of particular interest to me come to mind:

- The development of a youth section. Despite a 'chicken and egg' situation, our thanks to Brian Fletcher for his work on the boundaries

of Club/County/Schools. His phone calls (usually from the bath?) normally start "have you got a moment?" His minutes and analysis are very thorough, and he deserves our support.

Club Mark. I am aware that this looks over-bureaucratic to many and will need to be drip-fed to the Committee if we are to move forward, but, like a constitution, I'm sure a framework for the future of safety, coaching, discipline is essential for the next generation of orienteers and their funding.

The year's events:

- QOFL events. Congratulations to the winners: Ted Heath, John Higgins, Mary Buckland, Declan Gray, Mark Pigden, Daniel Craddock. The new format is in operation for this season, but your views are welcome for a review at the end of it. Tony Milroy has agreed to continue with the new scoring system.
- Compass Sport Cup SW Round. Many thanks to Mike and Arthur. Despite some problems on the day with number of entries and the results, we were congratulated at the SWOA AGM.
- Novelty, Score, and Long 'O' events. We are grateful to the dedicated members who give of time and effort to planning, organising, and running events for minimal numbers. Many thanks, Bill/Sue, Ted/Lennox, Andy/Rosie.
- Relays. QO do not appear to be ready yet for a complete summer season of relays, but when they are 'focussed' (as they were for the DEVON Relays) there is no stopping them!
- Club Championships. Thanks to Jim Mallinson and Bill Vigar. Congratulations to Mike Crockett whose victory came and went a couple of times!
- Well done to the Juniors! Alice Round (selected for the SW Inter-regional squad in June), Declan Gray (2nd in Orange in SWOA Gallopen), and Nathan Fernandes (Champion at the British and JK Paralympic Trail 'O'). Nathan may be excited by the IOF application for inclusion of Trail orienteering in the 2012 Paralympic games.

At last we have a selection of permanent courses to offer! Staple Hill and Vivary Park both have map packs available at the Taunton Information Centre and Running Forever shop, and Ham Hill and Ninesprings, Yeovil are in preparation. I would like to acknowledge the sterling work done by Bill, Bob, and Ted in bringing these to fruition. These areas, together with the

mapped primary schools, are providing experiences necessary for children to become involved in activities encouraged by the county PE and Outdoor Activity advisors, who are linking us through the Professional Development Managers (PDM) and Somerset Activities and Sports Partnerships (SASP) Our Quonicle always provides an interesting read and summary of activities going on 'behind the scenes'. Mike also earns our thanks for encouraging controllers. Bill has put on a couple of 'clinics' for Joe Lee enthusiasts and as an attempt to reduce our dependence on his technical skills.

Finally, I am aware of the feeling within the club that we are not social enough in our activities. It is difficult to enforce socialising in an activity such as ours, but we hope that initiatives such as purchasing club banners/tents and Club 'O' tops, organising relays and BBQ's and the development of a youth league at QOFL's may help to address this problem.

Treasurer's report - accounts for past 12 months ending 31st August 2004

£6649.98 at start of year, £8305.83 at close of year, mainly attributed to income from Compass Sport Cup, still have unpaid maps provision, unlikely we will ever get a bill, maps are now being paid for as we go along and we are printing our own maps, no major equipment purchases this year, Auditor pointed out that our membership expenditure exceeds the income. Mike Crockett proposed to accept the accounts as read and Ted seconded. Roger thanked Andy for his hard work through the year and Norman for auditing the accounts again.

Membership Secretary's report and membership fees for 2006

Thanks were expressed to Mike and Christine for representing us at the EGM of BOF in September and reporting the outcome to the meeting. No decision was reached at the EGM about BOF fees. BOF had two proposals, one - that we have a lower membership and higher levies, or a two-tier scheme that would stay as it is, BOF membership is dropping although running numbers aren't, a vote was taken but was fairly even, but no decision will be made until the next AGM. BOF membership fees for 2006 have been amended to snr £18 up from £15, jnr £3.50 same, fam £26 up from £22 assoc £15, club £30, club levies up by 10%.

Roger proposes that the membership fees remain the same for this year, and the committee will look at the issue of membership outcome/membership income and at what BOF proposes. Sue Gard seconded. Voted and agreed unanimously.

Mike thanked everyone for their contributions to Quonicle and said he is happy to continue. Everybody encouraged to contribute and offer different subjects. Mike expressed surprise at the rising costs. Roger expressed his thanks to Mike for his hard work in producing such an interesting read.

Membership figures 2005

	Senior	Junior	Family	TOTALS
QO only	8 (6)	0 (0)	4 (7)	12 (13)
QO and SWOA	9 (8)	1 (1)	8 (8)	18 (17)
BOF	31 (28)	3 (1)	21 (22)	55 (51)
TOTALS	48 (42)	4 (1)	33 (37)	85 (81)

Amendments to the constitution

No amendments to the constitution have been proposed

Election of Officers

Position	Name	Proposed by	Seconded by	Vote result
Chair	R. Craddock	Ted Heath	A. Rimes	Unanimous
Secretary	C. Vince	R. Craddock	B. Fletcher	Unanimous
Treasurer	Andy Rimes	Ted Heath	C. Vince	Unanimous
Committee 1	Bill Vigar	A. Vince	J. Craddock	Unanimous
Committee 2	Bob Lloyd	A. Vince	J. Craddock	Unanimous
Committee 3	R. Sansbury	A. Vince	J. Craddock	Unanimous
Committee 4	Brian Fletcher	A. Vince	J. Craddock	Unanimous
Committee 5	Brian Pearson	A. Vince	J. Craddock	Unanimous

Roger expressed his thanks to the committee members who are stepping down, particularly Ted for his long-standing commitment. He has agreed to continue the management of the website for which Roger offered his gratitude. Thanks also to Tony who also agreed to continue with the QOFL scoring.

Change of signatories

Bob Lloyd and/or Christine Vince suggested. Andy to investigate with the bank how many signatories we need. Andy would prefer a member local to him for ease of management.

Any other business

1. Club equipment

Bill has purchased a printer, club tent is on-going, club banner is to be purchased, stakes for Joe Lee system are to be replaced, QO tops are to subsidise the cost for members

2. Somerset Schools Activities

Brian Fletcher gave a brief outline of the year's activities with the schools. Along with some Partnership Development Managers, there is a plan to introduce orienteering in schools. Around 30 schools have been mapped already and hopefully another 50+ this year. QO held two schools orienteering festivals this year and there are plans to hold more next year. The QOFLs will be used as a school league. Currently looking at what is required for a junior squad. Celia Watkinson and Jill Green will train the teachers. Roger offered the support of the committee for this initiative and encouraged him in his efforts. It does need to be seen as a long-term commitment.

3. Planners and Organisers

To dedicate more time to the Somerset Schools Activities Brian Fletcher would like to relinquish his responsibilities as Team 3 Organiser. If anyone would like to take it on, please let him know. Mike reported that BOF have put their planners courses on a CD and it is suggested that each club own one. Brian asked what was the procedure if a new planner volunteered. Ted responded that we would offer the support of an experienced controller to offer advice and encouragement.

Roger thanked everyone for attending and closed the meeting at 20:50

At the end of the meeting Roger presented Richard Sansbury with a South West Champions Trophy for M35 class. **Congratulations !**

After a brief pause for refreshment etc. Gavin Saunders gave a presentation on the future proposals for the Neroche Area.

Report on the BOF EGM and Development Conference held on 24th September 2005 in Birmingham

Christine Vince and Mike Crockett attended the BOF Extraordinary General Meeting (EGM) on behalf of QO. The EGM was called after the AGM held at JK 2005 failed to follow the correct procedure for voting for increased BOF membership fees. The vote was deemed to be invalid and therefore had to be re-run, so an EGM had to be called. Since BOF were asking orienteers to travel considerable distances (in some cases), not only was it offering to pay some expenses to those travelling furthest, but it laid on a Club Development Conference as an added attraction. (SWOA and QO between them paid for Christine and Mike to attend.)

The Development Conference

Christine and Mike each attended two workshops. The workshop on **Regional Development Officers (RDOs) and Club / Association Development** provided information on what your RDO can do to help your club, and featured a talk from SELOC on their strategy for building up a weakening club. SELOC realised two years ago that their numbers had dropped to the upper 20s for active orienteers, and decided to do something about it. They applied for a £500 grant via their RDO and set about running a series of events aimed at the 21-50 age group. They targeted two main towns – Wigan and Bolton – and set up events in the local parks to which families were already coming on Saturday and Sunday afternoons. As a result, several family groups have joined, and there is now a strong committee; some new members have been to mainstream orienteering events.

The workshop on **A Strategy for Volunteers** produced a useful discussion on persuading people to help at events. When organising a big event, use the entry list to identify club members who've entered and ask for help, and accost people at earlier events as well. Always thank helpers and officials personally, and many clubs (including QO) offer helpers a half-price run. There are many reasons why people will volunteer: to give something back to the sport; to share their talents and abilities, and to learn new skills; to make new friends and to have fun.

The workshop on **Communications** was timely as there has been significant criticism levelled at BOF recently for its poor communication network. Questionnaires have been sent out to all BOF members, clubs and associations. The group discussion covered the BOF website (poor, difficult to navigate), the magazine Focus (good, but not suitable for quick communication), and direct emailing (could be seen as spam, not everyone on the internet).

The workshop on **Event Quality** produced some helpful advice for planners, as there is now a planner's course on CD available from BOF Office. Planners should inform themselves of the event guidelines and keep abreast of changes; however, the guidelines are not easily found on the BOF website. More use could be made of Focus magazine to alert officials of updates to rules and guidelines.

The EGM

The main business of the EGM was to consider and vote on a rise in BOF membership fees for seniors and families. The first proposal (seniors up from £15 to £20, families up from £22.50 to £30) did not achieve the 75% majority to pass. An amended proposal was made which did pass (seniors up from £15 to £18, families up from £22.50 to £26, event levies up 10%). The second proposal (to change all business at an AGM to 'ordinary' therefore requiring only a simple majority for a decision, except changes to the constitution which still require 75% majority to pass) reached the 75% majority required to pass. The third proposal (to decide who should chair a meeting) passed without difficulty.

Christine Vince

SWOA Snippets

The 2005 SWOA AGM was held at Yelverton on 17 September 2005. The following officers were re-elected: chairman, Roger Hargreaves; secretary, Arthur Vince; treasurer and membership secretary, Trevor Bridle; fixtures secretary, John Shucksmith. Julie Astin, Ben Chesters, John Fallows and Eric Peckett were elected to the committee.

The association membership fees remain the same for 2006; namely, senior £4, junior £2, family £6, club £10.

The SWOA Chairman thanked all the SW clubs for their support for the British Championships, which were deemed a great success. If you missed buying your tee-shirt, there are still a few left at £5 each; they will be available at QO events. Ben Chesters will be taking over management of the Junior Squad. Support for the Coast Path Relay had been low and perhaps it was time to invite clubs from outside the region to compete.

A meeting of the SWOA committee was held on 28 September 2005. North Wiltshire Orienteers (NWO), the club formed from MOK and SLOG, now has SW approval. The Coast Path Relay has been taken on by Tim Britton, WIM. A report on the BOF EGM and Development Conference appears elsewhere in Quonicle. A reminder was given that requests for SWOA contributions towards appearing at representative events must be made **before** the event (e.g. juniors invited to run for a GB squad).

Brian Fletcher gave a presentation on QO's programme for orienteering in Somerset schools. QO wished to apply for a grant from BOF for mapping activities for which the SWOA committee gave its support.

Event Reports

QOFL (1) Lydeard Hill 3rd September 2005 John Traylor

It's getting towards the end of August and time to think about the new orienteering season following a break after Ted's second score event in the heat of summer. Reference to QuOnicle 100 indicates that the first QOFL 1 is due on the 4th September provisionally at Lydeard Hill. It is time to think about ringing someone for more information as the next QuOnicle is not due until that day. Fortunately a much appreciated timely communication from Roger Craddock provides all the necessary details.

As the weather had warmed up again I was hoping that the weather would not be too energy sappingly hot for the first event of the new season. Not only a new season but a new set up for the QOFL series which was being held on a Sunday and with the addition of a Blue course for those many Quantock members who seem to have the stamina for such things. For me I would stick with the green.

The 4th September started grey but warm with a bit of a breeze that would help the ability to actually move. With plenty of time to spare as the starts were from 12 noon and the Quantocks are close to Bridgwater there was time to think about some preparation. A recent article in CompassSport had re-enforced taking precautions for keeping ticks at bay, so a liberal coating of insect repellent was applied. Although whether this works for ticks I don't know.

Another preparation was to check the mapping scale and change the scale on the compass. The scale of 1:7500 was helpfully given in Roger Craddock 's information. The other thing, check I have the £3 for entry; the correct money makes life easier at registration, especially on a cold winter's day.

Set off about 11.30 am for the short drive to Birches Corner to find that the car park was different to expected, the entrance being on the outside of the bend. Then another surprise— someone is waving a bucket at me with a £1 label on it! I understand this little extra was going to church funds so cannot complain.

With pleasant weather the registration was al fresco and easily accomplished. It was noted that the map was A4 so it was simple to take the right bag for map protection.

Having got ready it was a down hill trot to the start where unusually I found a queue, well 4 other people. It gave me time to remind myself of the map scale and note that everyone disappeared from view after map collection.

Time for the off. Collect the map and off gently downhill while trying to get the map in the bag. Come quickly to the path junction near the first control. Follow the left hand path so as to approach the control through white rather than undergrowth. Hadn't gone far when someone comes the other way saying "you've made the same mistake, remember the scale". And indeed I had gone just further than intended in spite of being cautious about the map scale. Retrace a few metres and in to the control. Now for no. 2. Down the hill and on to a clear path, turn left on a path through the ficht, not much headroom. Wonder who's been this way recently apart from the orienteer in front of me. Turn right onto a track, two paths are marked close together and this should be the minor one. Look for the major path, when located the evidence of a track exists rather than a usable path. If I am in the right place it seems full of reedy grass. Navigate off the path to the thicket edge without problem. Control 3 is on a small knoll the other side of the previously mentioned path to the north of another ficht area. Find the edge of the ficht and try to follow it round from the eastern side but am doubtful about the location of the northern edge. It is only mapped with an indistinct boundary. Travel a bit further and there is the knoll. Controls 4,5,6 and 7 were fairly straightforward. Control 8 was the last of the controls in the southern portion of map, but made hard work of this by going into the field. Afterwards saw that a small path would have lead me to the control.

Control 9 was in the northern part of the map in a wooded area previously seen on the Lydeard Hill map. Found this to be the most difficult control as am having difficulty picking out the mapped vegetation boundaries. Not the type of area that fills me with confidence. By now I am finding it hot and the body does not go as fast as I think it ought so cannot take advantage of the easier going terrain. Control 12 is out of the wooded area in a small depression. Get to the edge of the open area but the marked paths are not apparent to me as it looks as though someone has been out with a mower. Fortunately further inspection of the map shows the depression to be atop a knoll, and this is readily apparent. A downhill trot to 13, then

up to 14 and down to 15. Could even manage a bit of a run to 15 and finally the finish. An interesting start to the season.

It seemed to me that the planner had made good use of two small areas and even managed to squeeze a blue course in. Subsequent inspection of a blue course map showed a very similar type of course with the use of common controls and legs.

Addendum 15th September.

The mailed results arrived and it is interesting to see that the "new" blue course has proved to be the most popular course on offer with 26 finishers; the green course was only just less popular with 21 finishers. The inclusion of a blue course would thus seem to satisfy a demand.

The inclusion of 2 methods of calculating results had interesting results. I finished 4th in both leagues for the green. In first case the leaders are the younger runners ie M21 while for the handicap calculation the league leaders are the senior ladies. For me the points on both leagues turn out to be very similar. How will this all work out over the rest of the year?

Caddihoe Chase 2005

Andy Rimes

Devon OC was the host club for this year's event, which was based on the Wheal Franco/Virtuous Lady mapped areas. The area comprises an open grassy plateau incorporating, in part, ruins from a WW2 airfield and a steep but beautiful wooded valley down to a river. The whole mapped area bears witness to the local historical mining heritage with many intricate surface features and contour detail. A maze of old field systems boundaries and modern nightmare of complex path/track network (some mapped, many not!) on the open ground of the plateau add to the orienteer's dilemma.

In essence an excellent choice for the event, giving safe easier courses for the youngsters through to full championship courses for the rest of us. The weather for the weekend was perfect; dry, clear and warm on both

days. Organisation, parking and management of each day appeared to be a slick operation with the minimum of fuss. Equipment suppliers were in attendance together with, as a bonus, a mobile fish and chip concession. One outlet seemed to experience the best trading- I should know, the scampi and chips I had were excellent!

Another bonus was being given a slice of Sue Hateley's birthday cake at the finish on Saturday- just what my sugar starved body demanded. As far as the actual orienteering is concerned, in summary Saturday was best forgotten and put down to experience, Sunday was far better. Unfortunately as the overall score is a combination of both days' results, my overall position didn't recover enough on the Sunday to make an inroad into the top five on M40L. The courses on both days were long, arduous and very technical, but immensely enjoyable for it (?) The people I talked to at the finish on both days made similar comments about their respective courses.

Many people only ran on the first day, as, obviously, an overnight stopover was required. This was a shame, as I personally thought the day 2 course better (funny how you always enjoy the (mostly) error free runs the most!) Rosie and I were lucky in having family in Plymouth to stay with overnight although I imagine, with the fine weather, camping would have been equally enjoyable.

In summary, a fine weekend's orienteering, on an excellent area with not so satisfying personal results. As I write this, it's pouring with rain and blowing incessantly, two days before I have to run 26Km on the Dartmoor Long-O event- quite a contrast to the above.

The Dales Weekend 10-11th September

Mike Crockett

Day 1 on the Saturday was a National Event on Kilnsey Moor with a separate badge event at nearby Malham on the Sunday. There was a lot of speculation about the event as details were very late being published due to access problems at Kilnsey. However it did take

place with the proviso that competitors were off the area by 2.45pm. I was told later that this was because of pheasant shooting the next day but I am a little suspicious of this.

I got the impression that some of the organisation had been a little hurried but generally things went well, as it did for the small QO contingent who travelled. Open moorland with good visibility meant that times were fast until fatigue set in on the rougher areas of Malham on Day 2.

QO results	Kilnsey	Malham
Bill Vigar M70	1st	3 rd
Mike Crockett M70	2 nd	1 st
Sue Gard W55	6 th	8th

My Lake District Mountain Trial - Coniston 2005 Martin Longhurst

As we drove up the M5 my passenger, the redoubtable Ifor Powell, was telling me how the Trial was the oldest orienteering style event in the country. I had read about it in Askwith's excellent book*, and I knew its fearsome reputation. "Not more than 20 miles or 8000m of climb" was promised for the Long Trial. I was very anxious; perhaps I should have gone for the Short Trial. Each year the event covers a different part of the lakes, and 2005 was to be Coniston. I'm not terribly familiar with any part of the area, and I'd never been to Coniston.

The start was from the event car-park at Low Tibberthwaite. Runners were leaving in twos and threes at minute intervals, with the older and novice competitors having the low numbers on their vests. I was number 52, off within a quarter-hour of the first starter, and I ran the flagged route for about 5 minutes to reach the map issue. Ifor's warning words were now uppermost in my mind - "be very careful to find the first control and not be confused by controls for the Women's Trial or the Short Trial - they'll be very close together".

With the map now in my hand I did what I often do at the start of O-events, and anxiety turned to panic and my race day was effectively over.

However, the weather was good - warm and clear - and I resolved to have nice day out on the fells. The route to control 2 required a big climb up the side of Furness Fells to a control flag just below Black Sails. No problem. Down from there to skirt Levers Water reservoir where I chose not to go up over the tops but to go round south of the Old Man to reach 3 in a quarry well down from the summit. I noticed the legendary Joss Naylor running nearby, and as we searched the hill for the control flag I heard him say "I think I was here last Tuesday". Looking around at the steep and dangerous scree of quarry slack on which we were contouring, slithering down the hill with every step, I thought who the hell would want to be up here on a day out! My route to 4 involved another contour on a very steep and loose slope above Goat's Water. Below me were those who had chosen to lose height to reach easier running, but they seemed to be in great danger of being hit by some very large boulders being dislodged by us up here, and they would have to climb back up at the end of the col, so I stayed where I was. Over Goat Hause, and an easy run down the Seathwaite Fells to reach control 4 by the road in the Duddon valley.

The next leg started with a mandatory path through OOB across Dunnerdale forest and up towards Harter Fell. I was now being passed by lots of high numbers - younger, or fitter, or both - but I reached the most distant control 5 nestled under the crags on the north side of Harter, still feeling strong. I tend to find it's a big mistake to let this thought cross the mind in long events, and within 15 minutes on the next leg, I dropped my foot into a hidden hole and fell heavily onto a rock, breaking a rib. I lay there for a minute, idly imagining my return journey by air-ambulance, before realising that finishing the course would probably be the easiest option. Ribs are not essential to ambulation, and the quacks never do anything for you when you present yourself, I figured, so get on with it.

Navigation, increasing temperatures and lack of water kept my concentration on other matters.

Much of the rest is rather hazy. The SI box at 6, in the crags north of Hard Knott, was faulty and I spent a few happy minutes stationary, trying to beep, before the marshal informed me I had been noted and to continue (thanks!) and then on down to the road at Cockley Beck. This, I think, was probably one of the race-defining route choices - either straight up to Swirl How, along the road and up, or all the way along the road to Wrynose Pass and cut across the ridges and valleys. Joss, who was just behind me here, took the 1st, and I understand Ifor took the latter. Both took many minutes off me on this section as I struggled with the middle option, by this time knackered, pissed-off and in pain. The path between Swirl How and Wetherlam is not as benign as it looks on the map, and the crags to the east of Wetherlam forced a big detour to get to the control at the stream below Steel Edge. However, two more mercifully short legs and I was finished - metaphorically if not literally.

A measure of revival was obtained by the free, and always excellent, Wilfs scoff, but the sad fact is I'd missed control 1. In my panic, I'd run about 1km too far and, too worried about being 'timed out' at a later control (and too embarrassed to go back against the flow of higher numbered runners), I decided to "have a nice day" and "just get round". It does mean I'll have to go back and do it again properly next year. My anxiety increases daily.

Ifor, on the other hand, won the event! Do the people at BOK know how awesome that is? A late entrant, he started behind all the seeded runners and overtook all to win by 2 minutes. His name will grace the celebrated trophy with all the great and good in the history of fell running - George Brass, Joss, Billy and all the other Blands, et al. Ifor too will have to go back next year, but in his case it will be to defend his honour, rather than save it.

- Askwith, Richard (2004) Feet in the Clouds: A Story of Fell Running and Obsession, Aurum Press

I should have known better, after competing, planning and controlling on the Blackdowns over many years. Better than thinking that the deeply rutted, branch-strewn and bog-holed ride leading from the Start towards the first control would be faster than the woods; 7m30secs for 310m. Leg 2 to 3 proved equally entertaining. For the last 400m in a leg of 1100m there were two route choices which appeared more or less equal; I took the one which ended in less than 100m through "walk" after a path run; silly really as we had been told that the map hadn't had a total revision; it turned out that it was only "walk" for a badger, but that was the only fault I found with the map. No more problems after that.

The Blackdowns are rough going, especially when Prior's Park is added on to Staple Hill at the western end, but there were no dodgy control sites and the route choices proved interesting. And I rather liked visiting the old fields in Staple Common, a hidden and delightful part of the area, which can be as navigationally challenging as the woods; I can't help wondering about the history of the ruined farm. Such a long narrow area inevitably had more controls than I consider the ideal for a Long-O – 31 in 19 km on the long course; the Devon OC event on Dartmoor had 15 in 26.2 km. That latter event proved not as hard as I took half an hour less; and at least I had the doubtful glory of being the oldest finisher to complete both long courses, but at M65 I know to ask for an early start... Naturally the fastest competitors achieved remarkable times considering the unrelenting nature of the underfoot going and the navigation, like Ben Chester's 3h14secs for 19km, over an hour ahead of the second placed competitor, Richard Sansbury, on the long course.

A unique feature of the QO Long-O is the provision of a cosy village hall for shelter, food and drink. This year, in spite of the smaller entry, the catering made a profit of £30 for the SWOA Junior Squad, and I expect my wife Christine will still be baking cakes and making soup next year.

Congratulations are due to Andy Rimes for creating a challenging event on such a difficult area, especially for the lateral thinking which had competitors driving to the forest so that he could have a hall for an HQ, and to Bill Vigar, without whose stitching together of maps the event couldn't have happened. I think Andy regards this year's event as an interesting experiment; he certainly created a challenge, which a Long-O should be. But next year the event will return to NW Somerset.

Other Good QO results

Medium course

1st Chris Philip 2nd Ian Bartlett 3rd Jim Mallinson 4th Mark Larcombe

Short Course

2nd Declan Gray

Good QO results from Wessex Galoppen at Rempstone

White	5 th Eleanor Pearson
	6 th Matthew Pearson
Light Green	3 rd Declan Gray
	4 th Zoe Round
Green	9 th John Round
Blue	3 rd Brian Fletcher
Brown	7 th Brian Pearson
Help !!	

I read somewhere recently that QO had competed in the Yvette Baker trophy at this event, but can find no record of it in the results or anywhere else. Has anyone an idea of where I saw it?

Bovington

BAOC in conjunction with Wimborne and Wessex staged a weekend of orienteering. Saturday night was the army inter corps night championships and also a score competition between Wessex Night league and the Western Night league on the Northern Range and on

Sunday there was a galoppen and an inter corps army event on the Southern Range.

Notable QO results

Brown 5th Richard Sansbury 6th Brian Pearson
Green 6th John Traylor 8th John Round
Lt Green 2nd Declan Gray Declan was 5th in the Night Score event

Dartmoor Long-O - 2 October 2005

Richard Sansbury

The open ground of Dartmoor is quite a different experience to typical Quantock territory. Although in the fine weather the contour detail was easy to follow many of the control sites were tucked away out of sight. I was doing the long course (26.2km) but the more popular choice was the medium (17.4km) and a short course (6.5km) was also available.

From the west edge of Princetown the courses headed south then west with the 2nd control on the long course at Sharpitor, already 5km from the start. From here we turned north and I found myself in the middle of a 3 man mini-race which encouraged me to keep up the pace.

While the short course stayed in the Princetown area, part 2 of the medium and long courses headed out into Merrivale. The long route went to the western extremities of the map with some tricky short sections. I was not alone hunting around the rocks for the elusive control at Pew Tor, and at Cox Tor the direct route was an awkward scramble up a boulder field. I finally passed the runner I had been pursuing all day but lost the advantage searching for the next control. Rejoining medium runners we all had a long relentless climb up to Great Mis Tor which reduced everyone to a walk. I was starting to catch my man again but started suffering from cramp and struggled to the finish way behind.

Despite my slow finish I was still very pleased with my result. Very good results on the medium course from - Keith Bolling (6th) and Ian Bartlett (12th).

Schools Orienteering at Kings College, Taunton

The schools initiative took a step forward on Friday of last week with an orienteering session in the extensive grounds of Kings College. Early in the day there was a threat of heavy rain and it was thought that some schools might cancel, however groups of pupils from Burrowbridge and St Georges and two groups from Trinity came and took part in various games/exercises devised by David Holmes in very pleasant sunny weather. About 100 children took part and most seemed to enjoy the activity.

A team of helpers from QO led by Brian Fletcher gave brief details of orienteering and the children were then sent off in pairs to do several short courses. When they appeared confident they were allowed to do the Long Score course of 21 controls against the clock. Two did the whole course in under 20 minutes, a time which I think most of the adults present would have had difficulty matching.

It really was a pleasure to see the children enjoying the brief introduction to the activity that we have all been able to enjoy for many years. We hope that the effort put in bears some fruit in the future .



Some of the pupils with QO members after the Kings college event.